

Pissaladiere

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 anchovies packed in oil
- ☐ 4 servings pepper black freshly ground
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 16 olives pitted recommended: nicoise
- ☐ 6 medium onions thinly sliced

☐ 1 pound pizza dough fresh

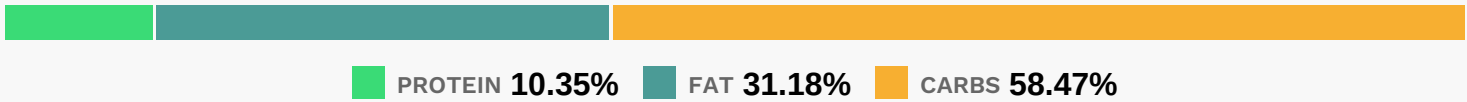
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large saute pan, cook the onions with salt in 2 tablespoons olive oil over medium-low heat until very soft and caramelized, about 30 minutes.
- ☐ Add the minced garlic and thyme and cook for an additional 5 minutes. Season the onions with salt, and pepper, to taste. Cook's Note: Slightly under salt to account for the salt from the anchovies and olives.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Stretch the dough into a long rectangle and place on a greased baking sheet. It should almost fit the size of the baking sheet.
- ☐ Spread the onion mixture on the dough, leaving a small border. Arrange the anchovies and olives decoratively over the onions.
- ☐ Brush the exposed dough with the remaining olive oil and bake in the hot oven until golden and cooked through, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:9.3586956443994%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.09mg, Myricetin:

0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 33.53mg, Quercetin: 33.53mg, Quercetin: 33.53mg, Quercetin: 33.53mg

Nutrients (% of daily need)

Calories: 480.37kcal (24.02%), Fat: 17.12g (26.34%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 72.21g (24.07%), Net Carbohydrates: 66.37g (24.13%), Sugar: 14.14g (15.71%), Cholesterol: 4.8mg (1.6%), Sodium: 1279.26mg (55.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.57%), Iron: 4.77mg (26.51%), Vitamin C: 21.32mg (25.84%), Fiber: 5.84g (23.37%), Manganese: 0.36mg (17.98%), Vitamin E: 2.2mg (14.69%), Vitamin B6: 0.26mg (13.04%), Potassium: 320.73mg (9.16%), Folate: 35µg (8.75%), Calcium: 84.03mg (8.4%), Magnesium: 30.68mg (7.67%), Vitamin B3: 1.46mg (7.32%), Phosphorus: 71.58mg (7.16%), Vitamin K: 7.41µg (7.06%), Copper: 0.14mg (6.89%), Vitamin A: 320.36IU (6.41%), Vitamin B1: 0.09mg (6.05%), Selenium: 4.21µg (6.02%), Vitamin B2: 0.09mg (5.5%), Zinc: 0.55mg (3.65%), Vitamin B5: 0.29mg (2.95%)